

Scituate

SENIOR CENTER

Commitment ★ Connection ★ Community

SENIOR HAPPY'NINGS | JANUARY & FEBRUARY 2022



CONTACT US

Our new address:
333 First Parish Road
Scituate, MA 02066

781-545-8722

[www.scituatema.gov/
council-on-aging](http://www.scituatema.gov/council-on-aging)

Hours of Operation:

Monday - Thursday
8:30 am to 4:30 pm

Friday | 8:30 am - 3:00 pm

OUR MISSION

To identify the unique needs and interests of our senior community and implement programs that will enhance quality of life, foster independence, and ensure the physical and emotional well-being of a growing and active older population.

ALZHEIMER'S EXHIBIT BY SARA HOLBROOK

In this new exhibit Series, the artist portrays herself as a mannequin to express the different reactions she has in response to the challenges faced as a spouse and caregiver of a person with Alzheimer's Disease. She uses levity as a means to express deeper meanings sometimes showing frustration, sometimes a silly release of fantasy or escape, and sometimes showing the multiple roles she plays as a caregiver. We look forward to hosting this next exhibit by Sara Holbrook.

"I use collage on digital photographs as it feels more intimate and caring to physically place an image of myself into the scene of the photograph.

I hope that through these photographs the viewer might use his or her imagination to understand the emotions behind them or how they themselves might feel in similar circumstances." Sarah Holbrook



Senior Center Storm Policy

If Scituate Public Schools are closed, then the Senior Center activities are cancelled and transportation services cancelled. The Center is open unless Town Hall is closed. *Call Erin if you would like to be included on our Storm Call list for information updates.*

AARP TAX PROGRAM REMINDER

We will be hosting the AARP Volunteer tax preparers again for the upcoming 2022 tax season to prepare taxes for residents. For more info, see page 8.

Be on the lookout for mail labeled **IMPORTANT TAX DOCUMENT**. These contain income, Social Security, pension, annuity and other tax documents and should arrive in January/February.

ABOUT US

DIRECTOR'S NOTE

This is the power of gathering: it inspires us, delightfully, to be more hopeful, more joyful, more thoughtful; in a word, more alive. Alice Waters, restaurant owner, "Mother of American Food," and Women's Hall of Fame member

Here we are again, looking at the beginning of another year under the cloud of Covid-19, but when I look back at 2021 I see a year that was full of hope and resolution in the wake of a year of isolation. I am grateful that our opening of the new Senior Center coincided with our ability to gather again. We have tried to take it slowly, but we have felt the power of connection whether gathering for games, exercise, lunch, or connection in its many forms. We want to continue doing so and appreciate how all have come to us with consideration for themselves and others in mind. There have been challenges to our year and our resuming and adding activities, but we continue to accept suggestions, ideas and solutions to provide a better product and enjoyment for all.

For lunch, we have opted to only accept reservations up to 2 weeks in advance to try to even out the playing field for others anxious to experience our lunches. We hope that will not greatly affect those of you who enjoy coming to lunch routinely and we will try to increase the number we can accommodate on most days. We are also trying to distribute programs throughout the week to lessen parking problems as we continue to add activities on a gradual basis to appeal to everyone.

On a very positive note, after having lost a string of staff and taking our time over the last year to hire, we are actually at full staff. In addition to Jill as Administrative Office Assistant and indispensable support for all of us, we have Jess Souke as our Activities and Volunteer Coordinator now here six months skillfully facilitating our volunteer placements, activities schedule, communication, and even our newsletter; our new Outreach Coordinator Erin LaMonte at two months

having made connections with many of our clients at home and becoming acquainted with resources that assist our client-base with caregiver and housing options, insurance questions and available financial and nutritional assistance among other things; finally, for the last month our new Transportation Coordinator, Lillian Cruz, has jumped right in to manage our scheduling of rides to medical appointments and local destinations, including the Senior Center for meetings and activities for many clients preferring or unable to drive themselves—not to mention that for some, if opting for transportation through the Senior Center, that would cut down on parking worries. Our chef, Fred, has become an integral part of the team, along with the many volunteers assisting him in providing delicious, homemade meals in a professional fashion supporting old and new friends gathering in the dining room to enjoy a satisfying meal. I would also like to give well-deserved credit to Nick, our roaming custodian who takes care of our building so well while also still taking good care of other facilities in town and along with our committed Facilities staff, Kevin Kelly and Dave Biagini.

I would like to sincerely thank our volunteer SHINE counselors for their extra efforts in assisting many clients with Open Enrollment and identifying necessary changes to insurance plan selections with meetings, phone calls, and internet searches over the two-month period.

Lastly, we are happy to welcome back the AARP volunteers for a new tax season at the Senior Center on Tuesdays and Thursdays for this year's appointments with the tax preparers.

Blessings!
Linda



OUR STAFF

Director

Linda Hayes | 781-545-8871
lhayes@scituatema.gov

Administrative Assistant

Jill Johnston | 781-545-8874
jjohnston@scituatema.gov

Transportation Coordinator

Lillian Cruz | 781-545-8872
lcruz@scituatema.gov

Outreach Coordinator

Erin Lamonte | 781-545-8873
elamonte@scituatema.gov

Activities & Volunteer Coordinator

Jessica Souke | 781-545-8875
jsouke@scituatema.gov

Food Service Manager

Fred Willette | 781-545-8832
fwillette@scituatema.gov

Van Drivers

Betty Durkin, Juan Marcellana,
Jim Keeley, Joe Swindler, and
soon Mary Brown.

COUNCIL ON AGING BOARD

John D. Miller, Chair
Susan Kelly, Vice Chair
Leslie James

Janice Lindblom

Pat Carleton

Laurie Brady

Marie Fricker

Deirdra Dwyer

Opening

Selectman Liaison

Karen Canfield

COA Board meetings are currently held monthly at the Senior Center on the 2nd Thursday at 5:30 pm.

KEEPIN' IT MOVING—EXERCISE FOR ALL

YOGA OPTIONS



Floor Yoga w/Anne

Mondays at 8:30

Chair Yoga w/Anne

Mondays at 9:45

Gentle Yoga w/ Elizabeth

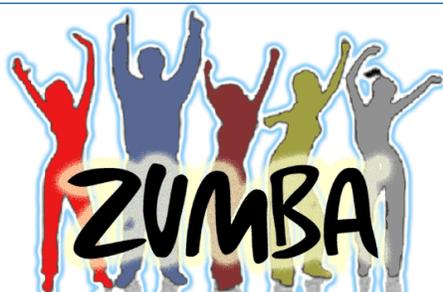
Wed & Friday at 8:30

Chair Yoga w/ Elizabeth

Wed & Friday at 9:45

Floor Yoga \$10/class; Chair \$5

Classes held in our new **Lawson Tower Fitness Room**. Sign-ups encouraged.



ZUMBA GOLD

Mon & Wed @ 2:00-3:00

Zumba class with Justine . This is a fun dance opportunity w/lively music & extra toning included. Please pre-register to be sure we



BALANCE FOR LIFE

Mon & Thurs @ 11:00-12:00

This popular class w/Sue incorporates stretching, movement, strengthening w/ resistance bands, cool music & of course Sue, herself! Please pre-register a week in advance to ensure your spot. \$5

LET'S LINE DANCE!

Tues—11:00-11:45

Join our Line Dance class w/Jean to learn some new steps and dance to your favorite country songs. Fun way to exercise and be a hit at your next wedding. Pre-registration requested.



Cost \$5.



LIFT YOUR SPIRITS STRENGTH CLASS

Mon @ 12:30-1:30

Wed & Fri @ 11:00-12:00

Strength training opportunity with Sue using hand weights. LIFT your spirits and increase your muscle strength—good for your bones, body and mind! Please pre-register a week in advance to ensure your spot. \$5.

*Tai Chi video presentation followed by a special demonstration—
Thursday, January 6 at 1:00-3:00pm

'ESSENTRICS' CLASS IS IN THE HOUSE!

Tues—9:00-10:00

This full body exercise simultaneously lengthens and strengthens muscles with flowing movement, increasing flexibility and mobility. Our instructor Barbara Leary is certified in this special class made popular on PBS/created by Miranda Esmond-White to promote "aging backwards." Cost: \$5

BADMINTON, TOO!

Wednesdays - 6:00 - 8:00 pm
Jenkins Elementary School

LET'S WALK!

TRAIL WALKING—meets every Friday

@1pm to walk trails around Scituate and beyond. Please call 781-545-8875 to register and receive details for the weekly meeting spot.



TAI CHI 4 HEALTHY AGING

Tues—@ 1:30 only

Thurs—@ 1:00 only

We offer this modified Tai Chi program providing an introduction to Tai Chi movement with 8 forms designed to strengthen, relax and promote better balance. **We offer a 2nd opportunity to practice on Thursdays***. Please pre-register. \$4/class; no charge for JAN.

INDOOR PICKLEBALL

Wednesdays - 4:00 - 6:00 pm

Jenkins School

Fridays - 11:00 am - 1:00

Veterans Memorial Gym

We ask for players to help set up nets & break down at the end of play. Players are rotated as needed. Beginning instruction and handouts available. Please pre-register!!

OUTREACH & SERVICES

SHINE

Appointments for assistance or questions for health insurance coverage, selections, and changes.

SHINE -> *Serving the Health Information Needs of Everyone*

Our volunteer SHINE Counselors receive rigorous training in aspects of Medicare and health insurance. Their role is to advise and assist with questions concerning health insurance and prescription coverage for 65 and over.

Appointments are now available in person at the Senior Center with Rich Durkin or Elaine Schembari.

Please call 781-545-8722, press 2 for Jill or 0 for the Front Desk.

**For those turning 65 it is advised that you begin at least 3 months in advance of your birthdate.*

SNAP

Do you need assistance paying for food? SNAP may help. During the pandemic, many people may need more help paying for groceries. You may be eligible!

Apply for SNAP food stamps by calling the Senior Center at 781-545-8722. SNAP (or EBT) cards are a debit card with a PIN for use at most grocery stores.

SCITUATE FOOD PANTRY

Client Hours:

Tues 10:00 am – 12:15 pm
Thurs 3:30 – 5:15 pm

The Food Pantry is located at 327 First Parish Road behind the Senior Center in the lower level of the old Gates School Building. Procedures for drive-up service from Cudworth Road will continue. Call the Food Pantry to register at 781-545-5827.

Van Service is available at **NO CHARGE** through the Senior Center by calling **781-545-8722; press 3** to speak to the Transportation Coordinator.

STATE SENATOR PATRICK O'CONNOR'S OFFICE

Senator Patrick O'Connor office hour with Lou Rizzo—**3rd Thursdays at 10:30-11:30 at the Senior Center**

STATE REPRESENTATIVE PATRICK KEARNEY

Rep. Patrick Kearney office hours CALL TO REQUEST.

ASK A LAWYER

For a legal question, you can schedule a complimentary 1/2hr appt w/ one of our volunteer attorneys on the **3rd Friday of the month at the Scituate Senior Center.** Next dates: *Jan 21; Feb 18.*

BP / HEALTH CLINIC WITH NURSE EILEEN SCOTTI

1st & 3rd Wed 10:30-12:00

Check Blood Pressure; Ask a Nurse; Schedule a B-12 shot (with prescription) - **No clinic on Wed, Feb 2.**

WELLNESS APPOINTMENTS

REFLEXOLOGY - Did you know that every organ and cell in the body has a reflex point on the soles of the feet? Anne Brennan, LMT & Reflexologist will guide you through a session that will relax and relieve tension. **Appointments on Thursdays Jan 6/ Feb 3; 9:00 - 2:00 pm, 30 mins/\$30.**

CHAIR MASSAGE - w/Freya Schegel Designed to take the weight off the spine and give easy access to the head, neck, back, shoulders and arms. **Fridays Jan. 7 & Feb. 4. Appts are made 9:00 am- 1:00 pm, 20 mins/\$20.**

REIKI - with Elizabeth Rogers A healing technique based on the principle that the therapist can channel energy into the patient by means of touch to activate the natural healing process. **Last Thursday of every month, Appts are made 10:00 am - 3:00 pm; \$75/hour session.**

Call 781-545-8722 to book an appt.

WELCOME OUR NEW TRANSPORTATION COORDINATOR!

We congratulate and welcome Lillian Cruz to our team as our Transportation Coordinator. Lillian will be available to connect the seniors of Scituate to an array of resources and assistance.

"Although I have worked with Seniors for many years, I feel my new position as Transportation coordinator is one of the most important roles. It is my pleasure to help Seniors in Scituate remain active and independent in their community— as well as come into the Senior Center to enjoy the many activities and social events offered here."

Lillian's office hours are Monday-Thursday, 8:30—4:30; Friday 8:30—3:00

NEW WELLNESS TREATMENT

INDIAN HEAD MASSAGE

A simple, safe & effective massage evolved from massage techniques practiced in India for many years. Applied to the shoulder, neck, arms & head provides de-stressing for the whole body. Acupressure is used on the face to aid with relief of sinus pressure and promote a feeling of well being. **2nd Wednesday of the month, 9:00 am -12:45 pm.** Please call for appointments. Cost : \$30 / 30 mins.

JANUARY 2022 CALENDAR

MON 3	TUES 4	WED 5	THUR 6	FRI 7
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Chicken Marsala 12:30 Lift Spirits 1:00 Hand & Foot 2:00 Zumba Gold	9:00 Essentrics 9:00 Men's Breakfast 11:00 Line Dance 12:00 Grilled Corned Beef and Swiss sandwich 1:00 Shuffleboard 1:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:30 Nurse / BP 11:00 Lift Spirits 12:00 Lasagna with spinach marinara 1:00 Scrabble 2:00 Zumba Gold 4:00 Pickball/Jenkins 6:00 Badminton/Jenkins	9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Crafty Card Making 10:30 Grief Support Group 11:00 Balance 12:00 Baked haddock 1:00 Watercolor Class 1:00 Tai Chi VIDEO PRES. * 1:00 Knitting 1:00 Shuffleboard	8:30 Yoga 9:45 Chair Yoga 10:30 iPad intro part 1 11:00 Lift Spirits 11:00 Pickleball/GYM 12:30 Friday Flix 1:00 Trail Walking
MON 10	TUES 11	WED 12	THUR 13	FRI 14
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Chicken cacciatore with linguine 12:30 Lift Spirits 1:00 Hand & Foot Cards 2:00 Zumba Gold	9:00 Essentrics 11:00 Line Dance 11:00 Spanish Class Intro. 12:00 Meatball sub with pasta fagioli soup 1:00 Shuffleboard 1:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 History Class 11:00 Lift Spirits 11:00 Art for the Mind! 12:00 Pot roast 1:00 History Class 1:00 Scrabble 2:00 Zumba Gold 4:00/6:00 Pickle/Badminton	9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Crafty Card Making 10:30 Grief Support Group 11:00 Balance 12:00 Quiche du jour 1:00 Watercolor Class 1:00 Tai Chi Practice 1:00 Knitting 1:00 Shuffleboard	8:30 Yoga 9:45 Chair Yoga 10:30 iPad intro part 2 11:00 Lift Spirits 11:00 Pickleball/GYM 12:30 Friday Flix 1:00 Trail Walking
MON 17	TUES 18	WED 19	THUR 20	FRI 21
<p style="text-align: center;"><i>Martin Luther King Day</i></p>  <p style="text-align: center;">Closed</p>	9:00 Essentrics 11:00 Line Dance 12:00 Pulled pork sandwich 1:00 Shuffleboard 1:30 Tai Chi 1:00 Parkinson Support Group	8:30 Yoga 9:45 Chair Yoga 10:00 History Class 10:30 Nurse / BP 11:00 Lift Spirits 12:00 Spaghetti & sausage 12:00 Caregiver Supp Group 1:00 History Class 1:00 Scrabble 2:00 Zumba Gold 4:00 Pickleball/Jenkins 6:00 Badminton/Jenkins	9:15 Beg Mah Jong 10:15 Mah Jong 10:30 Grief Support Group 10:30 Sen O'Connor 11:00 Balance 12:00 Baked salmon w lemon dill beurre blanc 1:00 Watercolor Class 1:00 Knitting 1:00 Tai Chi Practice 1:00 Shuffleboard 2:45 No Rules Book Club	8:30 Yoga 9:45 Chair Yoga 10:30 iPad intro part 3 11:00 Lift Spirits 11:00 Pickleball/GYM 12:30 Friday Flix 1:00 Trail Walking
MON 24	TUES 25	WED 26	THUR 27	FRI 28
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Meatloaf 12:30 Lift Spirits 1:00 Hand & Foot Cards 2:00 Zumba Gold	9:00 Essentrics 11:00 Line Dance 12:00 Grilled ham & cheese with split pea soup 1:00 Shuffleboard 1:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 12:00 Roast turkey 1:00 Scrabble 2:00 Zumba Gold 4:00 Pickleball/Jenkins 6:00 Badminton/Jenkins	9:15 Beg Mah Jong 10:15 Mah Jong 10:30 Grief Support Group 10:30 Sen O'Connor Hour 11:00 Balance 12:00 Shrimp Scampi 1:00 Knitting 1:00 Tai Chi Practice 1:00 Shuffleboard	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball/GYM 12:30 Friday Flix 1:00 Trail Walking
MON 31	<p>*New lunch program policy—Please continue to make your reservations with at least two days notice, but we will now only accept reservations up to two weeks ahead of the lunch date. Thank you for your cooperation!</p>		<p>*the Professor; Tai Chi's journey west—an enlightening documentary about Tai Chi and one of its great masters, Cheng Man-Ching. Followed by a special demonstration by local, long-term practitioners, including our own Fred Willette—Thursday, Jan 6 at 1:00 pm.</p>	

FEBRUARY 2022 CALENDAR

MON 6	TUES 1	WED 2	THUR 3	FRI 4
	9:00 Essentrics 9:00 Men's Breakfast 11:00 Line Dance 12:00 Chicken salad wrap w/ butternut bisque 1:00 Fascinators Workshop 1:00 Shuffleboard 1:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 History Class 10:30 NO NURSE TODAY 11:00 Lift Spirits Strength 12:00 Beef stew 1:00 History Class 1:00 Scrabble 2:00 Zumba Gold 4:00/6:00 Pickle/Badminton	9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Crafty Card Making 10:30 Grief Support Group 11:00 Balance 12:00 Baked haddock 1:00 Watercolor Class 1:00 Knitting 1:00 Shuffleboard 1:00 Tai Chi Practice	8:30 Yoga 9:45 Chair Yoga 10:00 iPad Intermediate part 1 11:00 Lift Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 7	TUES 8	WED 9	THUR 10	FRI 11
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Baked stuffed chicken 12:30 Lift Spirits 1:00 Hand & Foot Cards 2:00 Zumba Gold	9:00 Essentrics 11:00 Line Dance 12:00 Tuna melt 1:00 Shuffleboard 1:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 & 1:00 History Class 11:00 Lift Spirits Strength 11:00 Art for the Mind! 12:00 Penne w/ meat sauce 2:00 Zumba Gold 4:00/6:00 Pickle/Badminton	9:15 Beg Mah Jong 10:15 Mah Jong 10:30 Garden Club Wkshp 11:00 Balance 12:00 Seafood casserole 1:00 Watercolor Class 1:00 Knitting 1:00 Shuffleboard 1:00 Tai Chi Practice	8:30 Yoga 9:45 Chair Yoga 10:00 iPad Intermediate part 2 11:00 Lift Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 14	TUES 15	WED 16	THUR 17	FRI 18
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Oven fried chicken 12:30 Lift Spirits 1:00 Hand & Foot Cards 1:00 Sock Hop 2:00 Zumba Gold 	9:00 Essentrics 11:00 Line Dance 12:00 Chili bowl w/ corn bread 1:00 Parkinson Supp Grp 1:00 Shuffleboard 1:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 History Class 10:00 Nurse 11:00 Lift Spirits 12:00 Pasta w/chicken 12:00 Caregiver Group 1:00 History Class 1:00 Scrabble 2:00 Zumba Gold 4:00/6:00 Pickle/Badminton	9:15 Beg Mah Jong 10:15 Mah Jong 10:30 Sen O'Connor 10:30 Grief Support Group 11:00 Balance 12:00 Baked Haddock 1:00 Watercolor Class 1:00 Knitting 1:00 Shuffleboard 1:00 Tai Chi Practice	8:30 Yoga 9:45 Chair Yoga 10:00 iPad Intermediate part 3 11:00 Lift Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 21	TUES 22	WED 23	THUR 24	FRI 25
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 12:00 Chicken stew 12:30 Lift Spirits 1:00 Hand & Foot Cards 2:00 Zumba Gold	9:00 Essentrics 11:00 Line Dance 12:00 Turkey & swiss sandwich w/ soup du jour 1:00 Shuffleboard 1:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 & 1:00 History Class 11:00 Lift Spirits 12:00 Lasagna & meat sauce 1:00 Scrabble 2:00 Zumba Gold 4:00/6:00 Pickle/Badminton	9:15 Beg Mah Jong 10:15 Mah Jong 11:00 Balance 12:00 Baked haddock 1:00 Knitting 1:00 Shuffleboard 1:00 Tai Chi Practice 2:45 No Rules Book Club	8:30 Yoga 9:45 Chair Yoga 11:00 Lift Spirits 11:00 Pickleball 12:30 Friday Flix 1:00 Trail Walking
MON 28	<p>Lunch program policy: Please make your reservations with at least two days notice. We will only accept reservations up to two weeks ahead of the lunch date. Thank you for your cooperation!</p>		<p><i>We are celebrating Black History Month & Valentine's Day with our Friday Flix this month!</i> <i>Join us for some compelling drama and a little romance.</i></p>	

PROGRAMS, CLASSES, ACTIVITIES

ART CLASSES

Watercolor Painting & Drawing

Instructor: Judy Rossman

NEW: Thursdays at 1:00 - 3:30

6 weeks: Jan 6 – Feb 10; \$65

An opportunity to work with transparent water-based media for all levels. Emphasis on painting from observation—work from still life provided or referenced photos. The course exposes students to color mixing methods specific to the media and explores a variety of techniques. Guided instruction and less structure offered for more experienced students. Basic drawing instruction also included in series with structured, sequential exercises. Drawing skills are not “inherited” – Drawing is a taught skill, which any student can learn with the proper instruction. Individual attention will address all skill levels.

Please call or register online for all classes. Supplies lists available at the Senior Center.

CRAFTS: CARD MAKING

Join local card maker, Beth McGaw, who will show how to make homemade cards in just a few easy steps using an array of fabrics.

Meets 1st Thursday of the month @ 10 AM-12. Cost :\$5



“No Rules” Book Group with Leader Nancy Harris / \$5

Next Meeting: Thursday, Jan. 20 @ 2:45pm

The book for January is *One Day in December* by Josie Silver. February meeting will be Thursday, Feb. 24 @ 2:45 pm .

RECREATION & LEISURE

- Knitting—Thurs @ 1:00
- Mah Jong—NOW ON THURSDAYS!
 - Beginners @ 9:15
 - Regular @ 10:15
- Hand & Foot Cards—Mon @ 1:00
- Scrabble—Wed @ 1:00
- Bridge & Cribbage—TBD*
- Poker Game(s)—TBD*

GARDEN CLUB WORKSHOPS

FLORAL ARRANGMENTS

February 10 at 10:30 am

Hearts & Flowers Arrangements



MAKE A FABULOUS FASCINATOR

Learn the fine art of Sinamay to create a fancy hat to take home for yourself or a loved one for Valentine’s Day!

Look for a sample at the front desk.

February 1st / 1-3pm/ Cost: \$20



ART FOR YOUR MIND

Jill continues this enriching Art Appreciation Presentation series on the **2nd Wednesdays at 11:00 am!**

Please pre-register.

Jan 12— The Renaissance, Italy’s Finest

Feb 9— Picasso and Cubism

This program is now funded by the Joanne Papandrea.Memorial fund for 2022.

BOCCE BALL

Group Play - Rotating games. Equipment provided.

Tues & Wed @ 10:00 am

Weather permitting!

You can also call to reserve the Bocce set for a private game.

SHUFFLEBOARD & Pool Table

Our Pool & Shuffleboard Tables are popular! Players are welcome to sign up for time to play w/ friends!

Open Pool: Monday mornings or Friday afternoons, or when the Game room is available.

VALENTINE’S DAY SOCK HOP

February 14th 1:00-3:00 pm

Join us as we dress up and move and groove to some favorite tunes. Please register to attend. Refreshments!



UKULELE LESSONS

Interested in strumming with friends? Informal Ukulele practice is on **Fridays @ 11:00 am. Call 781-545-8875 for details.**

AARP TAX ASSISTANCE—Beginning January 17 you can pick up a Tax-Aide intake booklet from the Scituate Senior Center. You DO NOT need to book your appointment prior to picking up your intake booklet which includes a comprehensive list of documents that you should collect for your appointment. The intake booklet can be filled out and signed at home and brought with you to your appointment along with all tax documents.

To schedule your appointment, call the Senior Center at 781-545-8722. If you have a tax question or a question about the intake form, call 781-352-0004 and leave a message. A Tax-Aide volunteer will return your call.

PROGRAMS, GROUPS, ACTIVITIES

IPAD CLASSES

Would you like to learn to use the iPad or hone your skills? Join our tech course with instructor Katy Mayo on **Fridays from 10:30-12.**

iPad Introduction—

Part 1 - Jan 7 Part 2 - Jan 14 Part 3 - Jan 21

iPad intermediate—

Part 1 - Feb 4 Part 2 - Feb 11 Part 3 - Feb 18

Please call 781-545-8871 to signup.
Cost \$15 per class.

SENIOR CENTER VOLUNTEER CORNER

DO YOU WANT TO MAKE A DIFFERENCE? If you are interested in volunteering at the Senior Center, please call Jessica at 781-545-8875. We are looking for:

- Café Assistants and Lunchtime Servers for our Food Program
- Parking Lot Monitors (eligible for Senior Tax Work-off position—see Linda)
- Panera pickup person 1x/month

E-MAIL, & ON-LINE!

You can receive an e-mail giving you immediate access to the newsletter online at ourseniorcenter.com site. Once the newsletter is published online, we immediately place it on our website page at scituatema.gov/council-on-aging/newsletters.

MYACTIVECENTER.COM

We are pleased to offer this convenient, online system to register for on-site & virtual classes! Simply login on to MYACTIVECENTER.COM, locate "NEW USER" and use your personal key tag number on the back of your scan card, including the 'X'. **If you need a key tag or help setting up your account, please call us at 781-545-8722.**

CAREGIVER SUPPORT GROUP

Could you benefit from the support of others who understand the experience of being a caregiver for a loved one? We encourage you to join our monthly Caregiver Support Group. It meets the **3rd Wednesday of the month at 12:00-1:00pm.**

Our group is led by an experienced facilitator & social worker, Suzanne Otte. A Zoom option will be available. Please call the Senior Center at 781-545-8722.

PARKINSON'S SUPPORT GROUP

Participants have an opportunity to meet in person at the Senior Center or via Zoom monthly. Meetings are held on **3rd Tuesday of the month (Jan 18 and Feb 15) at 1:00 pm.** Call the Senior Center at 781-545-8722 for information.

GRIEF SUPPORT GROUP

Susan Kelly will help you navigate your way through your loss and healing journey. The "Grieve Not Alone" group meets at the Senior Center the **1st and 3rd Thursdays of the month from 10:30 AM to 12:00 PM** followed by option to have lunch—advanced registration required for lunch. Call 781-545-8722 for information.

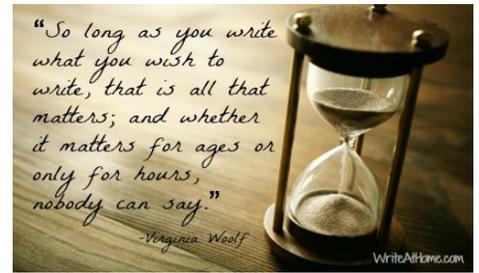
ON-LINE PAYMENTS

We are able to offer online payments for some of our classes and programs through the Town of Scituate website.

On your browser, go to: scituatema.gov.

- Select Online Payments, - Select Pay Bills Online,
- Select more from Town Clerk/Schools/COA, - Select Town of Scituate Council on Aging,

If there is a cost associated with your program, you can pay w/check made out to the Senior Center or cash



EXPRESSIVE WRITING

Everyone is welcome at this weekly writing group. We choose a new prompt each week & write for 15 mins, then read aloud. Sometimes light, sometimes deep, sometimes funny & always fun!

Mondays 11:00 am—12:00pm
Starting Monday, January 3rd

Join us! Call the Senior Center or register online!

FUN FRIDAY FLIX!

Movie starts at 12:30; Popcorn provided.

- Jan 7 My Octopus Teacher—Documentary
- Jan 14 A Man called Ove—Foreign film; Swedish
- Jan 21 Legend of Zorro (Really!)
- Jan 28 Les Miserables
- Feb 4 Just Mercy—Black History
- Feb 11 French Kiss—Romance
- Feb 18 Somewhere in Time—Romance
- Feb 25 I Am Not Your Negro—Documentary/Black History

TRANSPORTATION

LOCAL RIDES

We provide weekly rides to medical or dental appointments, senior center activities & for other personal needs. Please call at least 2 days in advance!

GROCERY SHOPPING

Wed— Shaw's in Cohasset

Thurs—Village Market & Scituate Harbor

OUT OF TOWN MEDICAL RIDES

We arrange out-of-town medical rides to other locations on the South Shore, from Plymouth to the southern part of Boston. PLEASE NOTE—these out of town vans are extremely busy in the morning and late afternoons. For best service, try to schedule your out of town medical appointments for midday. Call at least 5 days in advance.

Masks are required on the van.

Call to be added to the trip schedule. 781-545-8722, press 3.

We are in need of a few volunteers willing to act as a companion to an older person riding the van who needs additional assistance. Please call if interested in this role.

COST FOR RIDES

Local trips:

\$1.75 / \$3.50 round-trip

10-ride pass: \$15

Medical Out-of-Town:

\$10 local round-trip

\$20 (Plymouth or Boston)



MORE CLASSES AND EVENTS

SIX INTRIGUING SCITUATE RESIDENTS OF THE PAST

with Bob Jackman

Six intriguing Scituate Residents of the Past will present biographical sketches of a half dozen Scituate individuals who led interesting lives that impacted the town during their years and whose actions may have left a lasting imprint on the community.

The profiled people will be from both the nineteenth and twentieth centuries. Each week's program will focus on a single person and convey a different aspect of Scituate history.

Wednesdays, (6 Sessions) January 12, 19, 26 & February 2, 9, 16.

Tuition \$25 (includes all 6 sessions).

Patrons can signup for either morning session 10-11:30am or afternoon session 1-2:30pm, but not both. Class size is limited to 28 per session; Pre-registration is required and payment is requested at that time. Both sections will meet in the **Peggotty Room** on the 2nd floor.

MEN'S BREAKFAST TIME!

1st Tuesday of every month at 9 AM

Jan 4 - Welcome our Scituate Town Administrator, Jim Boudreau, and hear about Town plans and projects and accomplishments of note!

Feb 1 - To Be Determined - We are working on it!

Come, Connect, Socialize—the keys to good health, along with starting the day with a delicious breakfast! \$5 per person.



HOLA! Try Spanish

Are you interested in speaking Spanish?

Do you want to exercise your brain?

Learn a new language to benefit your travels?

Join us for a trial beginner Spanish class.
Get to know the instructor!

Tuesday, January 11th 11:15 - 12:15 PM

Complimentary

\$5 per student ongoing



COMING IN MARCH ... **ARE YOU INTERESTED** in a van ride to shop at Derby Shoppes and Whole Foods Market or Trader Joe's for a regular monthly trip. If so, please call and let Lillian know your preference.

& Council on Aging

333 FIRST PARISH RD
SCITUATE, MA 02066



LOCAL ADVERTISERS



SUPPORT

The cost of mailing this newsletter is supported by funds we receive from the state Executive Office of Elder Affairs (EOEA) through the annual Formula Grant.

Advertisers

Printing of this newsletter by LPI is made possible through local advertising. Anyone wishing to advertise, call LPI at: 800-477-4574 x6377.

FOSS—Tax-deductible donations may be made to the Friends of Scituate Seniors to support Senior Center programs & services at any time. The Friends provide funding for items not supported by the municipal budget or grants. Much of the Friends donation monies have been applied to purchases for the new Senior Center.

The Friends support our continued “free” coffee at the Café and for lunches. They are also supplying the Hershey’s kisses we are all so fond of in honor of Bette Johnson, for whom they have also purchased benches to be placed in her memory and a future tree and seating area to be enjoyed. We are looking forward to events planned for 2022 with their help!

FOSS ADDRESS for membership & donations: P.O. Box 75, North Scituate, MA 02060

DONATIONS IN MEMORY OF / IN HONOR OF

You could memorialize or honor your loved one or a dear friend here in support of future Senior Center programs by donating directly to the Scituate Council on Aging for Programs, Transportation or Outreach Services. Donations may also be made to the Friends of Scituate Seniors as stated above. Thank you to those families and individuals who donated through the Friends “Fund a Room campaign for your enduring legacy.

Donor

Jan and Henry Yeh

In Honor of

COA Staff, Board members
& FOSS

In Memory of